

The City Mile Sunday, February 23, 2020

Start time: 8:00 AM Warmup; 9:00 AM start
Check in: none – Pre-seeded Meet
Preseeded Meet- No same day entries

Sanctioned by the Pacific Masters for USMS, Inc. Sanction #380-S005

LOCATION: City College of San Francisco, Wellness Center
50 Phelan Avenue
San Francisco, CA 94112

DIRECTIONS: : [Google Maps](#) or [Yahoo Maps](#) (Outer Mission / Ingleside, San Francisco)
You may also use it by going to URL <https://w3w.co/soft.menu.linked>
The pool is about an 8 Minute walk from the Balboa Park BART station.

PARKING INSTRUCTIONS: Free Local Parking is available.

FACILITY: Multi-lane, 25-yard heated indoor pool. Eight lanes will be used for competition.
Warm-up / cool down lanes will be available throughout the meet. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1. The primary timing system will be automatic timing and times may be submitted for USMS records and USMS Top 10.

TIME: Sunday, February 23, 2020, 9:00AM start time. Warmups begin at 8 am.

RULES & ELIGIBILITY: Current USMS rules will govern the meet. All participants must be age 18 or older as of the last day of the meet and be currently registered members of U.S. Masters Swimming. Foreign swimmers must provide proof of current membership in their country's Masters Swimming governing body.

ENTRY LIMITS: One

ONLINE ENTRIES: Online entries must be completed by 11:59 P.M., February 19, 2020. Entry fee is \$35. No refunds will be made. Entries will be limited to 96 total swimmers on a first received basis.
https://www.clubassistant.com/club/meet_information.cfm?c=2037&smid=12614

MAILED ENTRIES Not Available- you must register on-line.

DECK ENTRIES Not Available – This is a pre-seeded meet.

CHECK-IN: No check-in A Pre-seeded meet Individuals must be ready to swim when their heat is called to the blocks regardless of what the timeline says.

SEEDING: Events will be swum fastest to slowest. "No time" (NT) entries are not permissible. The meet will be pre-seeded and preliminary heat assignments will be made. An approximate timeline will be emailed to participants. Individuals must be ready to swim when their heat is called to the blocks regardless of what the timeline says.

AWARDS: Each swimmer who establishes a new meet record (for their age group) will receive a certificate suitable for framing. Also an award for 1st thru 3rd in each division. There will be special recognition for the swimmer who comes closest to his seed time. (\$35 gift certificate).

PSYCH SHEET: A heat sheet will be sent to all participants to the e-mail address they gave at registration.

HOSPITALITY: Refreshments (coffee and bagels) are provided to all participants.

MEET DIRECTOR: Natalie Taylor nat.a.tay@gmail.com
Assistant Meet Director Michael Moore swim@mwmooore.org

MEET REFEREE: Chris Campbell

EVENTS: (pre-seeded fast to slow; women and men combined)
1. 1650 Freestyle